

1935



SILVER JUBILEE YEAR

TOMATO & CUCUMBER

RECIPES

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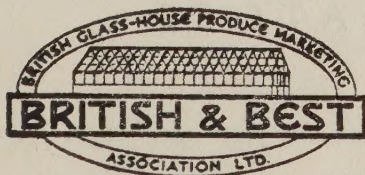


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JUBILEE YEAR

T O M A T O A N D C U C U M B E R R E C I P E S

This book is presented to you with the compliments of the British Glasshouse Produce Marketing Association Limited, an Association of growers of Tomatoes and Cucumbers, formed in 1922 to bring to the notice of the public the merits of Home-grown produce, and to ensure, through the setting-up of definite standards of grading and packing, that the consumer shall be able to buy from his fruiterer, the best that British growers can give.



NATIONAL MARK TOMATOES



ONE GRADE ONLY
... THE BEST
GUARANTEED

LOOK for the blue box
label bearing the "Mark"
thus ensuring that you have
fruit conforming to the high
standard expected of English tomatoes.

- English Glasshouse Grown.
- Uniform Size and Colour.
- Free from Blemish.
- Sound and Firm.
- High Quality.

YOU CAN ALWAYS RELY ON
NATIONAL MARK
TOMATOES



● Readers can obtain, free of charge, from Dept. T.R.B.,
Ministry of Agriculture and Fisheries, 10, Whitehall Place,
London, S.W.1, the National Mark Recipe Book containing
130 recipes by three experts.

25 YEARS' PROGRESS



1910

The story of the Development of the British Glasshouse Industry

WE smile a little now at the dresses we used to wear. Can it be, we say, only twenty-five years ago that we used to stifle ourselves, with high stiff collars, long tight sleeves and voluminous skirts? True, much has happened over the past 25 years . . . and not to clothes alone. Shopping was a very different business in the world of horse deliveries, with the telephone a rarity, little effort made to dress shop windows in an attractive manner, and nothing to guarantee the quality of the goods bought. When you buy Tomatoes and Cucumbers and other fruits now you know you are buying fruit grown under the finest hygienic and labour conditions. Twenty-five years ago, for one thing, it was rare to find special supplies of pure water laid on to glasshouses ; water came from seldom-cleaned tanks, from shallow wells and even ponds. When crops fail to-day the master does not first blame the worker ; he goes to the scientist and horticultural expert for advice, thus ensuring that the consumer gets fruit grown under the healthiest conditions possible. The changes in distribution have also been almost revolutionary in character. Twenty-five years ago the producers had not learned the value of grading, packing in clean non-returnable containers and making every effort to get his produce to market in the quickest possible time. Now the non-returnable package is in universal use and



1914



1918

can be seen in the home market within a few hours of its contents being picked, with the result that consumption of fruit has increased enormously; the public is able to buy the best at keen prices and trade has improved generally.

Has all this happened without effort? It has not.

It needed the home growers to get together to improve matters in their Industry and this they did in 1922 when they formed the British Glasshouse Association. This Organisation, consisting of Tomato and Cucumber growers set to work to find ways of making the public realise there was grown in this country the finest glasshouse produce in the world and the first thing they did was to say to the housewife, "You shall have the best packed in the best." So, for the first time, commenced systematic grading of Tomatoes, in the following manner:—Large Pinks, 3 to 6 per lb., Pink, 5 to 8 per lb., Pink and White, 8 to 12 per lb., with Blues, Blue and Whites and other colours to denote fruit less perfect in shape and size. These colours indicate the grades of each class of Tomato and your fruiterer will know you to be a discerning shopper if you ask for Pink and White Tomatoes for your salads or Blue and Whites for your Tomato Chutney.



1922



1926

And so through the work of English producers themselves the Glasshouse Industry has grown from year to year during the past twenty-five years till now it is a very large Industry indeed. Employment in the summer season is found for 35,000 people, whilst on one large Nursery may be seen as many as 300 hands, who draw in wages some £40,000 a year. Then there is expenditure on fuel, fertilisers, the Tomato boxes referred to

above and the hundred and one things necessary to run an efficient Nursery. So, in buying English Tomatoes and Cucumbers the British housewife is day by day creating Employment.

And what a change in the conditions of those employed.

In 1910 workers used to be hard at it for 65 to 70 hours a week; working from 6 a.m. to 6 p.m., with no half day on Saturdays. Those hours can be contrasted with the 48 to 52 hours a week worked now in happy and healthy surroundings.

And so the twenty-five years which have passed have seen many changes in the British Glasshouse Industry, the greatest of which is, perhaps, the interest taken by the general public in the conditions in which their food is grown. Whilst there are such Organisations as the British Glasshouse Association putting forward well-grown and well-graded glasshouse produce under the Trade Mark "British and Best" and the Ministry of Agriculture fostering good growing under the National Mark Scheme the British housewife may rest assured that in purchasing home grown Tomatoes and Cucumbers she is not only giving her family the best obtainable but she is helping towards prosperity a great British Industry.



1931



1935

A really GOOD Salad Dressing

INGREDIENTS : 2 Eggs ; ½-pint White Vinegar ; 4 Tablespoonfuls Condensed Milk ; ½-teacupful Castor Sugar ; Pepper, Salt and Mustard to taste.

Put all ingredients in a basin and mix thoroughly with an egg beater.

BREAKFAST

For an excellent and healthy start to the day you can't beat a raw tomato or a glass of tomato juice first thing. Page 12 tells you how to make it best. And to follow:

Tomato Scramble Cook the English tomatoes (peeled) in butter, and when nearly cooked add beaten egg, salt and pepper. Stir until the egg thickens and pile on fried bread.

3 English Tomatoes
1 tablespoonful Milk
Fried Bread, 1 Egg
1 oz. Butter
Salt and Pepper

Grilled Bacon and Tomatoes

*Allow one good-sized
rasher of Bacon and
one British Tomato
for each person.*

Make the grill red-hot ; grill the bacon first, cooking rapidly until the fat is transparent and the bacon golden brown ; turn once. Keep the bacon hot in the oven while the Tomatoes are cooking. Cut each tomato in half, season lightly with salt and pepper, turn the tomatoes cut side down and grill ; when one side is well cooked, turn the tomatoes and cook the cut side thoroughly. If they are slightly burned they taste all the better. Serve very hot.

Sir Walter Raleigh brought more back from his travels than tobacco. He it was who introduced Tomatoes to England. He found them growing on Roanoke island and brought them to England where they were first grown about 1596.





In France in 1793, Tomatoes had become so popular that many chefs made fortunes by inventing ways of cooking this fruit, which was then known in England as the love apple.

IDEAS FOR LUNCH

Lancashire Hot-Pot

Trim the chops

- 2½ lb. Neck of Mutton
- 2½ lb. Potatoes
- 1 pot Red Cabbage
- 2 Onions
- 1 lb. British Tomatoes
- Seasoning

from fat and bone. Shred the fat on the bottom of fireproof dish, then place meat, onions, tomatoes and potatoes in layers until the dish is full. Pour over a quart of boiling water and season well. Bake first with cover

on, keep adding water—if necessary—as cooking proceeds. Before serving, brown tops of potatoes under grill. Serve with red pickled cabbage or cucumber.

Vegetarian Pie

Butter a small pie dish.

- 4 English Tomatoes
- Butter
- 1 Onion
- Breadcrumbs

Boil the onion, slice three tomatoes and line the dish with breadcrumbs. Cover with a layer of tomatoes, then another layer of breadcrumbs, a layer of onion and repeat until the

dish is full. Bake in a quick oven for 20 minutes.

Tomarrow

Mix all the ingredients mentioned above and fill the emptied case of the marrow. Roll the pulp taken from the marrow in flour and bind with beaten egg. Bake in an oven till tender.

- 1 lb. English Tomatoes
- ½-lb. Breadcrumbs
- 1 Egg
- Pepper and Salt
- ½-lb. grated Cheese
- ½-lb. Mushrooms
- 1 large Marrow

Hake and Tomatoes

Grease some

-
- 1 lb. cooked Hake
 2 or 3 tablespoonfuls
 grated Cheese
 ½-lb. British Tomatoes
 ½-pint thick white sauce
-

escallop shells, place in bottom the pulp of one or two tomatoes. Put some of the fish on the top, then a tablespoonful of very thick cheese sauce and a layer of thinly sliced skinned tomatoes. Bake 10 to 15 minutes.

Tomato Castles

-
- 3 ozs. Cold Fish
 ½ Onion 1 Lemon
 1 round Wholemeal
 Bread
 3 British Tomatoes
 1 Egg 2 ozs. Butter
 Parsley Seasoning
-

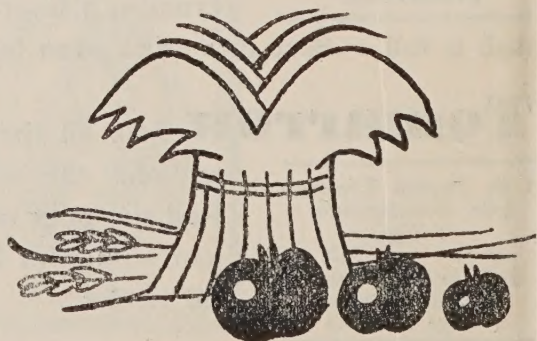
Mince any cold cooked fish with sprigs of parsley, the onion, and bread. Season with pepper, salt, a pinch of mace. Mix all very well with egg and a little milk. Heap in little castles on a well-greased and hot baking tin. Serve with sliced tomatoes,

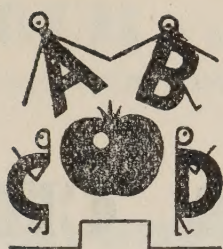
a little lemon juice and oil.

Tomato Fritters

Cut some peeled English tomatoes into thick slices, season with pepper and salt ; spread some potted meat, or forcemeat of tongue, ham, beef or game on one slice ; cover with another. Dip the slices in a light batter, place them gently in a frying basket and fry in hot fat. Drain and dish up neatly. Garnish with fried parsley and serve hot.

Says Kellogg, famous dietetician : "Tomatoes contain as much iron as milk, and five times as much as white of egg. They contain more than three times as much lime as beef, mutton or fish."





T o m a t o e s contain vitamins A, B, C, and, according to some experts, D. They also contain protein, fat, carbohydrate, calcium, phosphorous and iron. The layers just under the skin are richest in these vitamins.

Tomato Pilau

2 small Onions
2 ozs. Nut Fat
1 pint Tomato Puree
 $\frac{1}{2}$ -pint Vegetable stock
or Milk
1 tea-spoonful
MARMITE
 $\frac{1}{2}$ -lb. Rice

is quite tender. Serve hot with sippets of toasted bread.

Peel and slice the onion and fry lightly in half the nut fat. Turn into saucepan and add the puree and stock or milk flavoured with the marmite. Bring gently to the boil. Well wash the rice and add to the puree. Cook gently for about half-an-hour or until rice

Tomato and Banana Frits

4 large English Tomatoes
2 ozs. of Butter
3 large Bananas

Blanch the tomatoes. Peel bananas and cut into slices about $\frac{1}{2}$ inch thick, slice tomatoes and fry all together in butter for five minutes until bananas are slightly brown. Serve hot.

Stuffed Tomatoes

4 large English Tomatoes
2 ozs. grated Cheese
Breadcrumbs
1 breakfastcupful cooked
Rice
Butter
Seasoning

Remove top of tomatoes and scoop out the pulp. Mix with rice and cheese and season highly with salt and pepper. Place the mixture in the tomato cases, sprinkle with breadcrumbs and place a dab of butter on each. Place in fireproof dish, add two tablespoonfuls of water and bake in a moderate oven for 20 to 30 minutes.



CHOPS & CHANGES

Anyone with a respect for his (or her) palate will always order a British tomato with his (or her) chop. For, excellent though a well-grilled chop is, its flavour is at its best when accompanied by a British tomato. There are many other such items to which tomatoes make a very welcome accompaniment. And there are as many ways of preparing tomatoes for the job . . . grill them, stuff them; use them in the form of sauce, salad, ketchup or chutney . . . have one with your bread and cheese. A dash of vinegar adds the final touch, some people think.

Chops and Tomato Pie Remove

1 lb. Loin Chops
 4 British Tomatoes
 1 oz. Butter
 1 Onion
 4 ozs. Breadcrumbs
 Salt and Pepper

all superfluous fat from chops and trim neatly. Put tomatoes into a basin of boiling water for few moments and then peel and cut into slices. Peel and slice the onion. Grease a pie-dish, coat with breadcrumbs, and put in a layer of tomatoes and onion, then the chops.

Cover with the rest of the tomatoes and onion, sprinkle with salt and pepper between each layer. Breadcrumb the top and add knobs of butter. Bake in moderate oven for 1 hour.

Chops and Tomatoes Stuffed with Mushrooms

6 large British Tomatoes
 1 lb. Mushrooms
 Breadcrumbs Butter
 1 Lemon 6 Cutlet Chops

Scoop a hollow in each tomato which you fill with mushrooms fried in butter and seasoned with salt and a squeeze of lemon juice. On top of each tomato put

breadcrumbs and a dab of butter. Bake for 10 minutes in fairly hot oven, grill the chops and serve the dish very hot.

RUSH HOUR

A few rapid suggestions for dishes made quickly out of ingredients usually to be found in the well-equipped kitchen.

Tomato Savoury

3 British Tomatoes
2 ozs. Butter
1 cup Shelled Shrimps or
Shredded Fish or Meat
1 Small Onion
 $\frac{1}{4}$ -pint Milk
Breadcrumbs
Salt, Pepper

Melt the butter in a pan, adding the tomatoes skinned, and the onion, sliced. Stir over fire for 5 minutes, then add shrimps, fish or meat, chopped finely, and the breadcrumbs. Stir the whole in the milk. Make very hot and serve on portions of hot toast.

Tomato Rarebit

1 English Tomato per
person
1 oz. Cheese per person

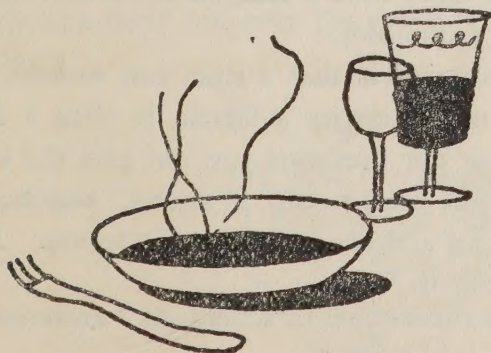
Grill the tomatoes, and then cover with the cheese already melted, well seasoning the same. Place under the grill, on toast, until nicely browned.

Stuffed Cheese Tomatoes

3 British Tomatoes
1 Egg
2 ozs. Grated Cheese

Cut the tomatoes in half, scrape out the pulp, whip up the egg and season with salt and pepper. Pour it into the halved tomatoes and bake

in oven for 15 minutes, serving on croutes of fried bread.



Tomatoes contain malic acid in fair proportion, which is beneficial for uric acid ailments. They are a valuable cure for afflictions where there is a retention of lime or magnesia in the system.



Put the CHILDREN on TOMATO JUICE

Although winter is the worst time, all the year round many mothers dread having their children come home with colds.

On the other hand, many other mothers have discovered how valuable tomato juice is in keeping colds away.

Tomatoes contain vitamin A, which increases resistance to infection (as well as vitamin B for digestion, and vitamin C for the blood) and as tomato juice is more easily digested by young children than orange juice, it is growing in popularity.

It is the layers just under the skin of the tomato which are richest in vitamins and therefore it is best not to peel the tomato, but to pour boiling water over it. After a few seconds the skin will shrink up, and is easily taken off. Then the skinless tomato should be placed in a piece of muslin and the juice (without seeds) squeezed into a cup. Children from 18 months can benefit from tomato juice, but a very young child should not have more than a teaspoonful a day, the dose being increased as the child grows older.

Another point worth remembering is that a ripe, raw tomato, taken first thing in the morning, on an empty stomach, is often a wholesome, though mild laxative. For breakfast you can give the kiddies a scalded tomato, peeled and sliced into a saucer, seasoned and sprinkled with a little fine sugar and the juice of half a lemon. Brown bread and butter go well with it.

And a tomato can well go in the satchel to school, as "elevenses" or with the dinner sandwiches (see page 19).

SUPPER SUGGESTIONS

Pigeons Delicious

-
- 2 Pigeons
 - 4 Small Sausages
 - Seasoning
 - 1 Onion
 - 1 cup Cooked Peeled Chestnuts
 - 1 lb. English Tomatoes
 - 1 glass Port
-

Split the pigeons in half, place in casserole with sausages (small pieces) onion, chestnuts and tomatoes. Pack altogether and cover with water. Season, and stew in slow oven for 2 hours. Add a glass of port, with a little thickening. Serve in casserole.

Tomato and Kidney Pie

-
- 1 lb. Stewing Steak
 - 6 medium-sized English Tomatoes
 - 1 lb. Carrots
 - $\frac{1}{2}$ lb. Beast Kidney
 - Seasoning
-

Cut the steak and kidney into small pieces. Simmer for 2 hours. Peel and quarter the tomatoes and add them to the already cooked steak. Put into pan sliced carrots which have been half boiled. Place the ingredients into a pie-dish and cover with crust or mashed potatoes.

Egg and Tomato Custard

Break four eggs into a mixing basin, beat up, and add three tablespoonfuls of tomato pulp (that is, fresh, ripe English tomatoes rubbed through a fine sieve), one tablespoonful of cream, and one tablespoonful of grated cheese. Season with salt, pepper and nutmeg. Butter six or seven small souffle cases, fill them with the prepared custard and bake slowly in a fairly hot oven for about 10 minutes. Dish up and serve quickly.



Bertrand P. Allinson, noted food expert, says that the Tomato, grown as it is in England, under glass with pure water supplies, is one of the most beneficial and valuable fruits we have.

Fillet of Beef with Mushrooms and Tomatoes

2 lbs. Fillet of Beef
Mashed Potatoes
Salt and Pepper
 $\frac{1}{2}$ -lb. Mushrooms
 $\frac{1}{2}$ -lb. English Tomatoes

Roast the fillet in a covered oven tin with plenty of butter. Half-an-hour before it is finished add the tomatoes and mushrooms, both of which must be peeled and seasoned. Cover all when done with a good thick brown gravy.

A Tasty Supper

8 Rashers of Bacon
8 large English Tomatoes
 $\frac{1}{2}$ -lb. Cooking Cheese

For four persons. Place rashers under grill until half cooked. Slice the tomatoes and put them on the bacon. Grate cooking cheese over same and grill till brown.

Tomato Royale

1 lb. British Tomatoes
4 ozs. Breadcrumbs
2 ozs. Butter
 $\frac{1}{2}$ -gill Cream
6 or 8 Mushrooms
Milk, Sugar, Seasoning,
Parsley

Simmer the tomatoes in slightly salted water, strain and rub through a sieve. Mix in a stew-pan with the breadcrumbs soaked in milk, adding 1 oz. of butter, a dessertspoonful of gravy, a pinch of castor sugar and seasoning. When boiling add

cream and keep hot. Serve in round dish sprinkled with the mushrooms fried in 1 oz. butter, seasoning and chopped parsley.

A very old man in Belgrade, to Tomatoes a tribute has paid. They keep his skin clear, he is full of good cheer, and his hair, on his head it has stayed.





Tomato

½-oz. Butter
2 Eggs

Tomato Ketchup

½-oz. Flour

1½ gills Tomato Pulp
Salt, Pepper, Powdered
Maize

Souffle

To fill five or six paper cases. Melt the butter. Add to it the tomato pulp, salt, pepper, maize, and tomato ketchup. Let the mixture boil for five minutes whilst constantly stirring same. Then remove from heat, beat in yolks of two eggs, pour into a basin and set aside to cool. Now beat two whites of eggs stiffly and fold into the mixture. Fill paper cases about two thirds. Bake in a moderate oven for 10 to 15 minutes. Serve immediately.

Tomato Salad

4 English Tomatoes
2 Bananas
1 Slice of Pineapple
1 Lettuce
1 Apple

Slice the bananas and tomatoes thinly; break up the lettuce; peel the apple and cut into small pieces doing the same with the pineapple. Be careful to break the lettuce and not use a knife for the purpose.

Tomato Pudding

Line a pudding basin with a good suet crust as you would for apple pudding. Slice up enough tomatoes to fill the basin, sprinkling a few cloves and sugar to taste between the layers. Cover with paste and cook as an apple pudding.

Tomato Tart

1½ lbs. English Tomatoes
Granulated Sugar

After washing the English tomatoes dry same and slice, placing in pie-dish in layers, over each layer putting a tablespoonful of granulated sugar. Cover fruit with a crust of paste, baking in a quick oven. Serve with clotted cream.



TWO COMPETITIONS

For Those at School The picture on the opposite page is an illustration of a coloured window-bill which will appear during the summer in the shops of those fruiterers who sell British Tomatoes.

Colour the drawing with paints or crayons, background as well if you like. Three "British and Best" prizes will be given to those under 14 sending in the neatest and best coloured effort.

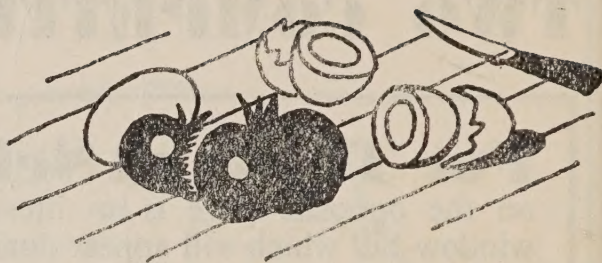
For You Grown-ups are invited to letter an appropriate and original slogan on the window-bill drawing opposite. Not more than 8 words should be used and the words "British Tomatoes" must appear amongst them. If your son or daughter is entering the painting competition, you may letter your slogan on top of the coloured drawing. A "British and Best" prize will be awarded for the best slogan received and in addition there will be a special prize for the best combined painting and slogan from the same family.

Entries must be received not later than the morning of October 1st, 1935, addressed (marked "Competition") to

THE SECRETARY,

BRITISH GLASSHOUSE ASSOCIATION, LTD.,
SENTINEL HOUSE, SOUTHAMPTON ROW, W.C. 1.

SALADS



Jubilee Fruit Salad

4 English Tomatoes
4 Oranges 2 Pears
4 ozs. Castor Sugar
2 tablespoonfuls of
Arrowroot
4 Bananas
 $\frac{1}{4}$ -lb. Hothouse Grapes
Gill of water and juice
of one Lemon

With the arrowroot sugar and water make a syrup, adding to same the fruit after peeling and removing all pips. Serve with thick cream and sugar to taste.

Tomatoes & Cream

Cut up firm English tomatoes into slices. Squeeze over them lemon juice and sprinkle with fine castor sugar. Cover the whole liberally with cream and serve in a glass dish.

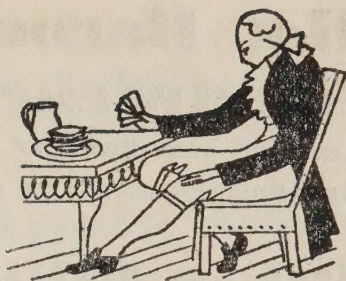
Orange & Tomatoes

Remove all pith and skin from oranges and skin and slice English tomatoes. Cut into small pieces and season with salad oil, a little brandy, a teaspoonful of sugar and the same amount of finely chopped parsley. Serve in coloured glass dishes and decorate with a little watercress.



In Italy they appreciate bel canto, but they also appreciate the benefits of Tomatoes. For the name they give them in that country is pomi d'oro, which means "apples of gold."

... and now for SANDWICHES



In Regency days, the Earl of Sandwich (Jemmy Twitcher they used to call him) was so fond of cards that he could not bear to leave the table, even for meals. So he had his butler bring him slices of meat, which, to keep his hands from becoming greasy and soiling the cards, were placed between pieces of bread.

These became known, in time, as "sandwiches." Nowadays they have become much more interesting than mere pieces of meat between bread. Tomatoes have played their part in this change, and here are some recipes for tomato fillings. Try this. Pound yolks of 3 hard-boiled eggs and mix to a paste with 3 skinned English tomatoes. Work in 2 ounces of butter, salt, pepper, a chopped spring onion, and some chopped capers. Last add the egg whites, chopped fine, unless you have another use for them. Keep a jar of this in the refrigerator . . . it will keep for a day or two.

Tomato Sandwiches Tomatoes should be skinned and mashed up very fine before being used as a sandwich filling. A little lemon juice is an improvement to tomato sandwiches.

Neapolitan Sandwiches These are filled with sliced tomatoes, cress or cucumber. These are "double deckers," brown bread on the two outside slices, white in the centre. Fill the first deck with cream cheese and sliced tomato, and the second with cream cheese and cress or cucumber.

Hot Bacon and Tomato Sandwiches

Butter slices of thin, lightly done toast and keep them hot while you fry bacon and tomato together. As a finishing touch, fry the finished sandwich for a moment.

Other Fillings

Sliced tomatoes and cream cheese ; pulped tomatoes and chopped nuts (especially walnuts) ; scrambled egg and pulped tomato ; chopped hard-boiled egg, tomato, grated cheese, curry powder.

Picnic Lunch

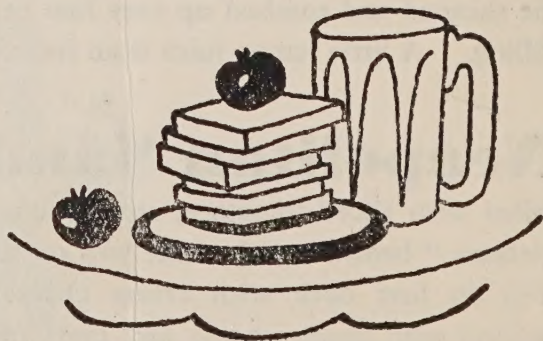
A raw tomato with a sandwich of water biscuit or Ryvita and butter, salt, grated cheese. You can also use tomato chutney, ketchup, cheese or paste with your sandwich fillings.

Mock Crab

2 ozs. Grated Cheddar
1 Hard-boiled Egg
2 skinned British
Tomatoes
 $\frac{1}{2}$ teaspoonful
MARMITE
 $\frac{1}{2}$ teaspoonful Mustard

Chop tomatoes finely, the egg likewise and the grated cheese and mix all together, working to a smooth paste. Add mustard and marmite. Make your sandwiches of one piece of brown and one of white bread.

Useful, is Tomato Jam. The making of it uses up a surplus of under-sized Tomatoes ; when made it makes an excellent puree for cooking, or a filling for an omelette. Strain out the pips, though, to avoid fermentation.



CUCUMBERS

The old fiction that cucumbers are indigestible is losing ground now that it is realised that cucumbers, properly prepared, are most beneficial and digestible. Here are a few novel ways of serving them.

Cucumber and Apple Salad

Peel and cut into dice a large English cucumber and three green cooking apples. Mix together with a dressing made of one tablespoonful of cream and two of vinegar with salt, pepper, cayenne and lemon juice. Serve on fresh lettuce or in hollowed out English tomatoes. This makes a really attractive and refreshing salad for hot days.

Cucumber Darioles

Consist of a large cucumber cut in half lengthways, seeded, cut into small pieces and placed in a stew-pan with one ounce of butter. Stir over a brisk fire and add a gill of stock and a pinch of salt. Cook until tender and rub through a sieve, adding the yolks of two eggs beaten up with a gill of cream to the pulp. Colour with spinach greening and season with salt, pepper and nutmeg. Poach the mixture in buttered dariole moulds (with a slice of truffle in the bottom of each) covered with buttered paper. Serve out of the moulds on a hot dish with hot tomato sauce for a really unusual dish.

Cucumber Sandwiches

When making cucumber sandwiches, slice the cucumber as thin as possible, and soak for a few minutes in lemon juice seasoned with a little salt and pepper. Drain the cucumber thoroughly before placing between slices of buttered bread.



Cucumbers, apart from being very rich in vitamins C and B, may be used to bait beetle traps. Just a few fresh slices placed at the bottom of a good old beetle trap will do the trick.



People have known the cucumber, and liked it, for more than 2,000 years. It was one of the first cultivated plants and was a favourite in ancient Egypt, where it is still a staple food. The Elizabethans used to call it the "cowcumber."

Lamb Cutlets with Cucumber

Divide the best end of one or two necks of lamb into cutlets, chopping off the end of the long bones to make a better shape. Dip them in a beaten up egg, and cover with fine breadcrumbs in which a little salt and a small quantity of finely chopped parsley and mint have been mixed. Fry, and arrange round a pile of stewed cucumber.

Stewed Cucumbers

Cut English cucumbers into lengths, sprinkle with pepper and salt, stew gently in good stock or gravy, add a small pat of butter and slightly thicken when cooked.

Cucumber Cups with Salmon

Cut one or two fairly large cucumbers into 1½" lengths; peel each slice thinly, and cut out the centre portion carefully with a plain round paste cutter, or a sharp pointed vegetable knife. Season the cups thus obtained with salt and white pepper and place on ice. Mix about half a pound of cold flaked salmon, freed from skin and bone, with a well-washed, drained and shredded lettuce. Then mix with enough well-seasoned mayonnaise or tartar sauce to form a salad and fill the prepared cucumber cups with it. Cover the surface of each with a thin layer of mayonnaise mixed with a little half-set aspic (savoury jelly), and then put a thinly cut star-shaped slice of pimento or beetroot in the centre of each. Garnish the dish with a little finely chopped set aspic or small salad and serve.

TOMATO DRINKS



... long and short

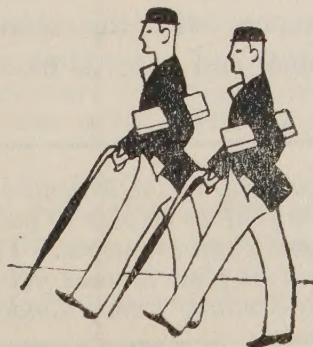
You have read how good Tomato juice is for children. It's just as good for grown-ups, and can be used in some really most intriguing beverages, for summer, and other times. For instance :

Tomato Cocktail Squeeze the juice of the tomatoes into a glass through a strainer and add a little sugar and enough milk to fill the glass. Beat with a fork or mixer and drink at once.

*2 English Tomatoes
A glass of Milk
A little Sugar*

Cooling Drink Cut tomatoes, oranges, lemons, and cucumber into slices ; add to the cider and water, and sugar the whole to taste.

*2 large English Tomatoes
2 oranges 1 Lemon
½-pint of water
Half a Cucumber
½-pint of Cider, or more*



Town-dwellers need the rich salts in Tomatoes . . phosphates for the brain, iodine for energy, sulphur for hair, chlorine to clean the system, magnesia for nerves, iron for the blood, and calcium for the teeth.

Tomato Soup

-
- 1 oz. Crushed Tapioca
 - 1 lb. fresh ripe or
(tinned) Tomatoes
 - 1½ pints hot water
 - 1 oz. Butter
 - 1 Carrot
 - 1 Onion
 - 1 gill Milk
 - 1 large teaspoonful
MARMITE
-

Prepare and thinly slice the vegetables and slightly fry in the melted butter. Dissolve the MARMITE in hot water and pour over the vegetables. Simmer very slowly until quite tender, then strain through a fine sieve. Add the milk and seasoning to taste, bring the whole to a boil, then sprinkle in the crushed tapioca, stirring until the soup is clear.

Serve hot with small bread croûtons.

Curried Tomatoes

-
- 6 small Tomatoes
 - 1 oz. Butter
 - Half Onion
 - Half a small sour Apple
 - 1 gill MARMITE
gravy (thin)
 - 1 large dessertspoonful
Curry Powder
 - Lemon Juice
-

Peel and mince the onion and fry a light brown in the butter. Turn into a stew-pan and add the apple, minced, the MARMITE gravy, and the curry powder. Stir well and simmer for 10 minutes. Skin the tomatoes in boiling water, and add to the curry. A few minutes before serving add a few drops of lemon juice. Serve with plain boiled rice.

Savoury Tomatoes

-
- 4 large Tomatoes
 - 2 ozs. ground Brazil
Nuts
 - 4 ozs. Breadcrumbs
 - Mixed Herbs
 - 1 small teaspoonful
MARMITE
 - 1 small boiled Onion
-

(A New Dish). Cut top off each tomato and scoop out the pulp; chop the onion and add to the tomato pulp. Mix in the ground brazil nuts and breadcrumbs, then add the mixed herbs and MARMITE. Mix all well together, softening with a little milk if too stiff. Fill the tomatoes with this mixture and replace top slice. Place on greased dish and bake in moderate oven for about 20 minutes.



“Through the courtesy of the Marmite Food Extract Company, Ltd., we are glad to be able to publish these interesting pages of Marmite and Tomato recipes. They, too, have a recipe book which they will be glad to send you, from their office at Walsingham House, Seething Lane, London, E.C.3.”

Tomato and Macaroni Pie

$\frac{1}{2}$ -lb. Macaroni (white
or wholemeal)
1 lb. of Tomatoes
2 ozs. Grated Cheese
Half Peeled and
Chopped Onion
Chopped Parsley
 $\frac{1}{2}$ -gill MARMITE
gravy (thin)
Breadcrumbs
 $\frac{1}{2}$ -oz. Butter
 $\frac{1}{2}$ -pint White Cheese or
Onion Sauce
Seasoning

Boil the macaroni in salted boiling water until tender. Skin the tomatoes and cut into thin slices ; season with salt and pepper. Sprinkle a greased pie-dish with breadcrumbs. Place a layer of tomatoes in bottom of dish and sprinkle over these a layer of grated cheese. Next add a layer of chopped onion and parsley, and then the macaroni covering this with the

remainder of the tomatoes. Pour over the MARMITE gravy, and sprinkle with breadcrumbs. Place a few knobs of butter on top and bake for about half-an-hour in a fairly quick oven. Turn out on to a fairly hot dish and serve with a well-seasoned cheese or onion sauce.

Stuffed Tomatoes with Rice

Tomatoes as required
2 ozs. Boiled Rice
3 teaspoonfuls of Grated
Cheese
Breadcrumbs
1 small teaspoonful
MARMITE
1 oz. Butter

Cut a slice off top of each tomato, scoop out the pulp, put it in a saucepan with butter. When quite hot, add the boiled rice, cheese, and MARMITE ; season to taste. Cook for a short time, stirring to keep the mixture creamy. Fill the tomatoes with mixture, replace the

slice cut off, sprinkle with breadcrumbs, and place on a greased baking sheet, and bake in a fairly hot oven for 20 minutes. Garnish with parsley and serve hot.

MARMITE

“ Tomato Juice for children is dealt with on page 12, but we have great pleasure in bringing to the notice of tomato users the value of Marmite as an aid to the diet of youngsters.

Babies of six months can have $\frac{1}{4}$ teaspoonful added to their daily milk diet, whilst for those of nine months the same course can be pursued but in addition $\frac{1}{4}$ spoonful to a pint of vegetable or bone broth.”





The prudent SQUIRREL . . .

. . . stores up a supply of food in the days when it is plentiful against the days when it is scarce. In the same way, the prudent housewife lays by a supply of British Tomatoes . . . firm, flavour-full and at their best . . . so

that her family may still enjoy them in the winter, when they are scarce. Home-grown Tomatoes are plentiful at the beginning of August, and that is a good time to buy them to make Jam, Sauce and Cheese. On October 1st., green Home-grown Tomatoes are ready for Chutney. Make sure of having a supply of Tomatoes in the form of Pickle, Chutney, Jam, Sauce or Cheese or simply bottled, so that you can enjoy the dishes in this book all the year round.

Sweet Green Tomato Chutney

$\frac{1}{2}$ -lb. Sultanas (well-bruised)
1 dozen Onions
 $1\frac{1}{4}$ lbs. Brown Sugar
1 teaspoonful Cinnamon
1 teaspoonful Allspice
6 lbs. Green Tomatoes
 $1\frac{1}{2}$ quarts Vinegar
1 teaspoonful Mace
1 teaspoonful Cloves
1 teaspoonful Cayenne
Pepper

Slice thinly tomatoes and onions, sprinkle well with salt on a dish and leave in brine all night. Next morning, drain well, and then cover with boiling water for 15 minutes and drain again. Have ready boiling vinegar and sugar, also spices (putting spices in a muslin bag) before dropping into vinegar and remove them when sufficiently

spiced. Boil until thick and rich colour—about $2\frac{1}{2}$ hours.

Tomato Jam

5 lbs. Ripe English Tomatoes
3 Lemons
5 lbs. Sugar

Ingredients for about 10 lbs.
Peel fruit and divide into small pieces, straining out pips. Cover with water; gently boil for one hour; add grated rinds of lemons, sugar and juice. Simmer for another hour

or until the jam sets on a cold plate.

Tomato Sauce Digest 1 gallon of tomatoes together with $\frac{1}{2}$ -lb. salt for three days. Then press out the juice and add to each quart 2 ozs. of bruised shallots and a drachm of black pepper. Let the whole simmer for half-an-hour. Then strain and add $\frac{1}{4}$ -oz. of each mace, pimento, ginger, nutmeg, and cochineal. Warm again and simmer for 10 minutes. Strain and a few days later bottle into quite dry bottles.

Tomato Cheese Take some fresh ripe English tomatoes, cut them into thin slices, and rub through a wire sieve. Weigh the puree and to each pound add the strained juice of two lemons, $1\frac{1}{2}$ lbs. of loaf sugar, a tablespoonful of brandy and a pinch of ground cinnamon. Boil together for one and a half hours, pour into jars, leave until set, then cover.

Tomato Pickle Cut vegetables small and stand 12 hours with four handfuls salt. Next day strain off *all* brine. Put vegetables into pan with vinegar and boil for 30 minutes. Mix tumeric with a little water and add to vegetables stirring all the time—do same with corn-flour. Let whole stand for 10 minutes, then add mustard and stir well.

$1\frac{3}{4}$ lbs. Onions
1 lb. Green Tomatoes
1 small Veg. Marrow
1 lb. Brown Sugar
2 ozs. Tumeric Powder
 $\frac{1}{2}$ -gallon Best Vinegar
1 lb. Green Apples
1 large Cauliflower
1 Cucumber
2 ozs. Mustard
3 ozs. Cornflour

Cellophane circles dipped in water and lightly dried are the best seals for chutney jars. And to keep the Tomato red colour, be careful to add the sugar as late as possible when cooking.

WAYS WITH EGGS

The French are experts with eggs. Here's one thing : a French housewife will never *boil* an egg. She boils the water, takes it off the fire and steeps the egg in it for about 7 minutes. The result is a delicious creamy yolk which you can't get any other way. Try it. But the French needn't have things all their own way. Tomatoes and eggs are very Good Companions indeed, and here are some interesting ways of serving them together (remember also *Tomato Scramble* on page 6).

Hasty Omelette

2 British Tomatoes
2 Eggs
1 Rasher Bacon
Teaspoonful chopped
Parsley
Dessertspoonful of Water

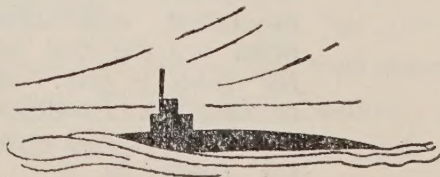
Beat up eggs with salt and pepper, a teaspoonful of chopped parsley and the dessertspoonful of water. Cut bacon and tomatoes (peeled) in small pieces (not slices) and fry until the bacon is brown and the tomatoes cooked, then pour in the eggs

and stir with a fork until the egg mixture forms a solid mass. Turn out into a very hot dish and garnish with fresh parsley and slices of raw tomatoes. Serve very hot with crisp dry toast.

A Tomato Jam Omelette

The omelette should be prepared in the ordinary way by beating up two eggs with a dessertspoonful of water in a basin. Melt some butter in a pan into which pour the mixture. Cook until brown and fill with tomato jam. When the omelette is beginning to set, pour on two tablespoonfuls of tomato jam. When set to individual taste, fold and place in dish, sprinkle with soft sugar or caramel and serve hot.

In mines and submarines, it has recently been found that the leaves of the Tomato plant are far more sensitive in detecting harmful gases than the mice and canaries previously used.



FOR A FRIEND

PERHAPS one (or more) of your friends would find a copy of this Recipe Book useful. If you like to fill in their name or names on the next page and post it to us ($\frac{1}{2}$ d. stamp) we will see that copies are sent. 

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Recipes, 1935," to :**

HINTS

You can prevent drawers jamming by rubbing a little beeswax on the sides, and polishing well.



To tell the age of an egg, hold it up to sunlight or other strong light between your hands. You will then be able to see the size of the air space inside the egg. The older the egg, the larger the air space.



5 pennies in a row measure just over 6 inches.
3 pennies weigh 1 oz.
3 halfpennies weigh $\frac{1}{2}$ oz.



Disguise boiled potatoes occasionally by mashing them, making them into balls and rolling these in grated cheese.



To prevent jam boiling over, and to reduce scum and clear jam, jelly or marmalade, add a tablespoonful of salad oil when it comes to the boil after the sugar is added.

Burns and scalds are greatly relieved if dipped at once in vinegar.



A Time Table for cooking meat :—

Beef	}	per lb.	15 mins.
Mutton		and 15 mins. over.	

Pork	}	per lb.	20 mins.
Veal		and 20 mins. over.	

Boiling :—20 to 25 minutes for each lb., according to the shape of the joint and the kind of meat.



To beautify the complexion :—
Squeeze the juice of tomatoes through a fine muslin (so that the seeds do not come through) apply thickly to the face, leaving on for half an hour. Then wipe away all surplus with cotton wool.





Home-Grown
Tomatoes
in Season



Home-Grown
Tomatoes
are
plentiful



Home-Grown
Tomatoes
(Green)
ready for
Chutney

REMEMBER THESE DATES

January			February			1935	July			August		
S	M	.. 6 13 20 27 ..	.. 8 10 17 24 ..	S	M		.. 7 14 21 28 ..	.. 4 11 18 25 ..				
Tu	1	7 14 21 28 ..	.. 5 11 18 25 ..	Tu	1		8 15 22 29 ..	.. 5 12 19 26 ..				
W	2	8 15 22 29 ..	.. 6 12 19 26 ..	W	2		9 16 23 30 ..	.. 6 13 20 27 ..				
Th	3	9 16 23 30 ..	.. 6 13 20 27 ..	Th	3		10 17 24 31 ..	.. 7 14 21 28 ..				
F	4	11 18 25 ..	.. 7 14 21 28 ..	F	4		11 18 25 ..	1 8 15 22 29 ..				
S	5	12 19 26 ..	1 8 15 22 ..	S	5		12 19 26 ..	2 9 16 23 30 ..				
		6 13 20 27 ..	2 9 16 23 ..				6 13 20 27 ..	3 10 17 24 31 ..				
March			April			September			October			
S	M	.. 3 10 17 24 31	.. 7 14 21 28 ..	S	M	1 8 15 22 29 ..	.. 6 13 20 27 ..					
Tu	1	4 11 18 25 ..	1 8 15 22 29 ..	Tu	1	2 9 16 23 30 ..	.. 7 14 21 28 ..					
W	2	5 12 19 26 ..	2 9 16 23 30 ..	W	2	3 10 17 24 ..	1 8 15 22 29 ..					
Th	3	6 13 20 27 ..	3 10 17 24 ..	Th	3	4 11 18 25 ..	2 9 16 23 30 ..					
F	4	7 14 21 28 ..	4 11 18 25 ..	F	4	5 12 19 26 ..	3 10 17 24 31 ..					
S	5	8 15 22 29 ..	5 12 19 26 ..	S	5	6 13 20 27 ..	4 11 18 25 ..					
		9 16 23 30 ..	6 13 20 27 ..			7 14 21 28 ..	5 12 19 26 ..					
May			June			November			December			
S	M	.. 5 12 19 26 ..	.. 2 9 16 23 30	S	M	.. 3 10 17 24 ..	1 8 15 22 29 ..					
Tu	1	6 13 20 27 ..	.. 3 10 17 24 ..	Tu	1	4 11 18 25 ..	2 9 16 23 30 ..					
W	2	7 14 21 28 ..	.. 4 11 18 25 ..	W	2	5 12 19 26 ..	3 10 17 24 31 ..					
Th	3	8 15 22 29 ..	.. 5 12 19 26 ..	Th	3	6 13 20 27 ..	4 11 18 25 ..					
F	4	9 16 23 30 ..	.. 6 13 20 27 ..	F	4	7 14 21 28 ..	5 12 19 26 ..					
S	5	10 17 24 31 ..	.. 7 14 21 28 ..	S	5	8 15 22 29 ..	6 13 20 27 ..					
		11 18 25 ..	1 8 15 22 29 ..			9 16 23 30 ..	7 14 21 28 ..					

**Good
and
handy**



—that's MARMITE

Marmite is now available in *two* convenient forms. Keep both of them by you and use them freely. The new Marmite Cube makes the tastiest and most nourishing of drinks. It dissolves instantly in boiling water or milk.

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